

# Mosquito control around your home

Most mosquitoes are just a nuisance, but some can spread diseases. In Victoria, mosquitoes can carry diseases like Ross River virus and Barmah Forest virus. Although less common, they can also spread more serious diseases like Japanese encephalitis, Murray Valley encephalitis, and West Nile (Kunjin) virus. Mosquitoes breed in water and thrive in warm and wet conditions. The best way to prevent mosquito-borne diseases is to avoid being bitten.

Here are some tips to protect yourself and stop mosquitoes breeding on your property.

- Limit outdoor activities at dusk and dawn when mosquitoes are most active.
- Wear long, loose-fitting clothing to cover your skin.
- Use mosquito repellents with picaridin or DEET (diethyltoluamide). Always follow the instructions on the label for safe use.
- Get rid of anything that collects water, like unused pots, containers, and tyres.
- Cover or flip over trailers, wheelbarrows, and children's outdoor toys to prevent water from collecting.
- Keep swimming pools clean. Cover them or drain them if not in use.
- Trim back lawns and gardens.
- Keep gutters and drains clear.
- Fit mesh screens to the inlet and outlet pipes of water tanks.
- Change the water in pet bowls and bird baths regularly.

Homeowners and tenants must follow the *Public Health and Wellbeing Regulations 2019* to control mosquito breeding and reduce the risk of disease. For further information, visit Better Health Channel at [www.betterhealth.vic.gov.au/mosquito-management-victoria](http://www.betterhealth.vic.gov.au/mosquito-management-victoria)

For more tips on protecting yourself from mosquito-borne diseases, visit Better Health Channel at [www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease](http://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease)

If you're worried about mosquito bites, talk to your doctor.